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> 22 Gay times



the newham mag

issue 268 // 15 February – 1 March 2013



**Reading
aloud**

Guaranteeing that every
child learns to read (p12)

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Many of us take the freedom we have today for granted but less than 50 years ago homosexuality was still a criminal offence. Today all loving relationships, whether between the same or opposite sex, are accepted and legally recognised.

Mr Neil Wilson, Executive member for Equalities and Social Inclusion, will be giving a personal account of how much attitudes towards homosexuality have changed (p22).

Alan in this edition, will say thank you to Newham's 2012 volunteers (p14), tell how we are improving our children's literacy (p19) and our Every Child a Reader programme (p22) and highlight the ways that we are making Citycentre 15 a valuable place to live (p14).

Mr Neil Wilson
Executive member for
Equalities and Social Inclusion

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

SENIOR PUBLICATIONS OFFICER Anita Pitha
PUBLICATIONS OFFICER Glenn Gooding
PUBLICATIONS TRAMER April Isaac
STAFF PHOTOGRAPHER Andrew Baker
Call the Mag team on **020 3373 4876**

To advertise in the Mag call
Jake Madell on **07590 525 090**

If you do not receive **The Newham Mag** at home, or know someone who doesn't, please call **020 3373 1517**, write to **The Newham Mag**, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2SA, or email newhammag@newham.gov.uk

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IN BRIEF //

Invitation to take control

A conference is taking place to encourage disabled and older people to get involved in developing council services that allow them make their own decisions about the support they receive.

The conference called Our Lives – Our Right to Control, will take place on Thursday 21 February, from 10am-4pm at West Ham United's Boleyn Ground in Green Street, E13. There will be customer workshops and keynote speakers.

For more information visit www.ourrighttocontrol.eventbrite.com or email susan.milne@nwl.gov.uk

Call for volunteers

Residents looking for volunteering opportunities in Manor Park are invited to an event from 2-5pm, Wednesday 6 March, at the Jam Pot, 1st floor, Manor Park Methodist Church, Herbert Road, E12.

Residents can learn about becoming a local champion or Active Community Team volunteer and find out about training opportunities and skills. For information call 090 3373 1267 or email Liz.Wilkinson@ActiveNewham.org.uk or Shabana.qadir@newham.gov.uk

Shisha boss fined

A shisha lounge boss in Forest Gate has been fined £1,300 for letting people smoke shisha pipes in an enclosed marquee at the back of the premises.

Newham enforcement officers raided the Oak Garden in Kalthemes Road and discovered 67 people in the marquee. It is against the law to smoke tobacco or any other substance including shisha flavours in any public enclosed room or building.

Amin Rahman, the person in control of the premises, had been warned twice by the council. He was convicted at Thames Court of two offences under the Health Act.

>>> Baton passes to legacy champions



Cllr Corbett, third left, launches the legacy champions

Newham Council's new Legacy Champions were unveiled during a special event at the University of East London's SportsDock featuring Olympic sprinter Adam Gemell.

The champions are a group of individuals who last year brought the values of the 2012 Games to 15,000 young people in Newham's schools. Now they are taking forward the legacy of the Games.

Councillor Ian Corbett, executive member for environment, paid tribute to the champions. He said: "Building a strong, sustainable legacy is important, to keep up the momentum of the Games and to continue to make the most of new opportunities."

"Our young people live in a borough that will grow and develop fantastically in the next 20 years. We need to work with them and their families to ensure they benefit. Our schools are uniquely placed to inspire young people so that they are fully involved."

To see more of the Legacy Champions launch, turn to page 14.

Warning to landlords

More than 27,000 applications for property licences have been received from more than 12,000 landlords as part of Newham Council's borough-wide private rented property licensing scheme.

The scheme came into force on 1 January, but landlords were given a month's extension to apply for a licence at a discounted fee of £150. The extension period finished on 31 January and from now, a full property licence will cost £500. Failure to license an offence and could result in fines of up to £20,000 per property.

The number of applications is estimated to represent more than 75 per cent of the private rented stock in the borough. Newham's enforcement officers will now focus on landlords who have failed to license.

For further information visit www.newham.gov.uk/propertylicensing



Support plan for people with autism

More than 100 residents affected by autism gathered in Reddon to share their ideas about improving the support that is available to them.

The event, organised by Newham Council at the St Marks Centre

on Totipala Road, raised awareness of autism and helped to develop an action plan that will shape future services for people with the condition and their families and carers.

Workshops were held where residents spoke about their own experiences and what service improvements they would like to see.

Councillor Clive Furness, Newham's executive member for health, said: "By sharing their ideas and views with us, residents are playing an important part in developing and improving this essential service. It is important to ensure that a good level of advice and support is available to people with autism, their family and their carers."

For more information about Newham's autism service contact sema.ghouse@newham.gov.uk or call 020 3073 6563.



Clive Furness, said right helps gather views.

Win a visit to Queen Elizabeth Olympic Park

Mayor Sir Robin Wales, working with the London Legacy Development Corporation, has secured hundreds of free tickets to the Park in Progress tour at Queen Elizabeth Olympic Park, which includes a trip up the ArcelorMittal Orbit.

Normally priced at £15 each, Newham residents will be among the first to see how the brand new part of London is taking shape and enjoy the unique 360° panorama from the viewing platforms 80m above the ground.

To be in with a chance of winning tickets to the Park in Progress tour on Thursday 28 March visit www.newham.gov.uk/mayorsfreegreeway

Adult tickets usually cost £15 adults/£10 concessions/£7 children (aged up to 17), children aged four and under go free. Buy tickets online at www.NoOrdinaryPark.co.uk or call 0844 591 4995.

>>> Sheds with beds bite the dust

"Two appalling 'sheds with beds' have been dismantled thanks to Newham Council.

One of the properties, the site of a standard wooden shed, on Tower Hamlets Road, Forest Gate, had been occupied by a middle-aged man. The other on Kensington Avenue, Manor Park, also housed one person.

In both cases the council sent the owners enforcement notices ordering them to take the illegal buildings down. The owners complied and took down the buildings – after being threatened with direct action. This would have involved the council's own contractors taking them down – and the owners footing the bill.

Mayor Sir Robin Wales said: "There are good landlords in Newham but there are also some unscrupulous ones. We want to ensure that private sector rented properties are well managed and meet a good standard. We also want to deal with the crime and anti-social behaviour that is associated with bad private sector rented housing."



Tower Hamlets Road, Forest Gate, shed with beds.



Kensington Avenue, Manor Park, shed with beds.

We're getting tougher on crime

Once again, our enforcement team has been in action with their latest stage of Operation Ohio, part of our drive to tackle crime and anti-social behaviour in Newham.

The results from the latest 48-hour initiative, which took place in Forest Gate, included four arrests by the police, the discovery of five unlicensed properties, dozens of penalty notices for anti-social behaviour and more. For the first time, we were joined by British Transport Police who targeted fare dodgers.

We're not afraid to tackle tough issues like drug dealing and prostitution because that's what we've got to do to help make this borough a place where people choose to live, work and stay.

The message is clear: the net is tightening on the minority in Newham who are a menace to our community and we are taking action against them around the clock.

There are those that claim firing people is a money-making exercise for councils so let's put some perspective on this. We spend more than £11m a year to keep the borough clean. We've recovered £375,620 from all the fines issued by our enforcement team during 2011/12.

Much of what our officers do is based on intelligence-gathering which takes time. It's worth it because we want to solve problems rather than push them on elsewhere.



Police tackle anti-social behaviour at the corners of Newham

This approach actually saves money in the long run because the council won't have to put resources into intensive work resulting in incidents of anti-social behaviour. If you add all this up, you can see quite clearly there is no profit for the council to be had here.

Better still, if that minority changed their behaviour we could target our

resources to other areas. Residents told our staff during Operation Ohio they were delighted to see us taking action in their neighbourhood. It's great to know our work has your support. You asked us to make tackling crime a priority. We have listened and that's exactly what we're doing.



Mayor's view

Thank you to our heroes of London 2012

Our final event to say thank you to our Olympic volunteers was a star-studded occasion.

It's a mark of how highly our volunteers are regarded that Games organiser Lord Seb Coe took time out to return to Stratford and meet them.

Not only that but Olympic silver medalists Christine Ohurugu and Mark Hunter and Team GB athletes Peter Baiaro and Abdul Buhari joined the celebrations.

It was a very special night where we got to personally thank the thousands of residents who helped make the Games such a massive success.

I hope it will also encourage more people to get involved with helping their community. I heard a host of reasons why our volunteers do so much without expecting anything



in return. For some, it's to learn the skills that will help them find a job. For others, it's because they want to make a difference and have fun.

Volunteers are the backbone of our community and we are grateful for all that you do. So a big thank you to everyone.

London Gay Games deserves to succeed

Barely six months on from the end of London 2012 and we're already looking forward to more summers of world-class sporting brilliance.

We've won the bid to host the 2017 Paralympic World Championships and we've got the British Athletics Grand Prix coming to the stadium this July. We want to inspire a generation, ensure a long-lasting legacy and bring

our community together to celebrate.

As part of this, I am proud to pledge Newham's support for the bid for London to host the Gay Games in 2018. It's become one of the biggest sporting events in the world with thousands of competitors taking part.

Not only that, according to research, the event will generate millions of pounds for the local community. More

importantly, just as the Paralympics have transformed attitudes towards disability, hosting the Gay Games at the stadium will create another ground-shifting moment in creating respect.

Hosting the Gay Games will give us a great opportunity to celebrate diversity in our community and I hope our bid succeeds.

with Sir Robin Wales



Newham's rubbish collections remain weekly

Rubbish collection is a service that is used by every resident. **That is why we take it so seriously.**

Mayor Sir Robin Wake said: "We have listened to residents who have made it clear they do not support their refuse bins being left for two weeks before emptying. We've made a real effort to make sure our streets are kept clean. A weekly collection is something residents want and deserve."

"I am committed to ensuring that in Newham rubbish collections will remain weekly."

Newham's rubbish collection teams empty more than 70,000 bins every week. In 2011/12 they collected almost 80,000 tonnes of rubbish (not including recycling). That was around 5kg per person every week.

The council collected and disposed of an extra 6,800 tonnes of waste during the 2012 Games through midnight to 6am collections.

To help keep rubbish collections weekly, Newham is saving money by

"I am committed to ensuring that in Newham rubbish will remain weekly."

reducing much of our recycling to fortnightly.

Unlike many other boroughs, the council offers a free service to remove large or bulky household waste that will not fit into your refuse container. Call **020 8430 2500** for information or visit www.newham.gov.uk and click on 'report'.

You can find out what day your rubbish should be collected via the council's website. If we miss collecting your rubbish on the normal collection day let us know through www.newham.gov.uk/rubbish

Modern life is rubbish

Nowadays we take rubbish collection for

granted, but it was not always so.

Throughout the nineteenth and early twentieth centuries most people burned their own rubbish and almost all household waste was ash. Each household had an ashpit privy and the ash was used to build roads or make bricks.

At the start of the twentieth century the ashpit privies were gradually replaced by metal dustbins, which were called that because most household waste was still dust and ash.

Throughout the twentieth century with the increase in consumerism and packaging, the volume of rubbish increased too, and to cope with this the wheeled bin was introduced during the 1960s.

Today Newham's rubbish is taken to a 'Bio-MRF' treatment facility, where the waste is dried, shredded and materials like metal and glass are extracted to be recycled. What's left over is mostly turned into fuel.



Saving you money - fortnightly recycling collections will save £400,000 per year.

A heartfelt thanks

Hard-working Newham residents who volunteered during the 2012 Games have received a very public thank you from Mayor Sir Robin Wales and some very special guests.

The army of volunteers who freely gave up their time to make the Games great were acknowledged at three special events at Old Town Hall, Stratford. Among them were Newham Volunteers, Games volunteers and residents who held Let's Get the Party Started community events or took part in the Opening and Closing Ceremonies.

Lead organiser of the Games, Lord Seb Coe, wowed guests when he made a special surprise appearance at the final event held earlier this month. He was joined by Beijing Olympic gold medalists and London silver medalists rower Mark Hunter and athlete Christine Ohuruogu. Team GB volleyball player Peter Bako and discus thrower Abdul Duhan were also special guests.

John Burton, Westfield's director of development, and Kevin Murphy, ExCel's chairman, acknowledged the amazing efforts they witnessed during the Games.

More than 1,000 Newham residents were invited along to the three nights of celebration and each received an Olympic goody bag filled with Olympic memorabilia.



"It's absolutely astonishing what we achieved. On behalf of all the people of Newham, thank you for all the work you did during the Games. You were the real stars." **Sir Robin Wales**

"I did say that at the end of the Games we all really wanted to say 'we did it right'. Well, we did. And we did so in a large part because of you guys. We could not have done it without you." **Lord Seb Coe**



"Hosting the Games has definitely made a difference. It's given people the opportunity to get to know each other, get to know their community and get involved." **Sarah Chapman, East Ham**

"Just being chosen as a volunteer for the Games was my highlight. I was really lucky as I was based in the seating arena of ExCel, so I got to see lots of events like boxing and judo. The Olympics were simply amazing." **Renee Stuart, East Ham**



"I worked in the Aquatics Centre where I checked tickets, showed people to their seats and gave out lots of high-fives! Today's event brings back so many memories. My next goal is to volunteer at Rio's Games in 2016." **Sathur Valli, Forest Gate**



"We started volunteering about two years before the Games began. We interviewed all the volunteers. We were speaking to people from all over the world. We volunteered throughout the Games too. It's nice to be acknowledged by our borough for what we've done." **Tina Quinn, Manor Park, and Stewart Gibson, Stratford**



Creditors from top right: 1. d. Abdul Baki, John Burton, Peter Bakken, Kevin Murphy, Lord Gove, Sir Robin, Christine Gharuwa, Kim Beatty, Barry (Barry) Gharuwa (left executive) and Mark Hamer. 2. A group of athletes for our fundraising volunteers. 3. Christine Gharuwa (left) and volunteers. 4. Lord Gove meets Gharuwa volunteers. 5. d. d. Mark Hamer, volunteer (left) and, and volleyball player Peter Bakken. 6. A photograph of Lord Gove meets Lord Gove.



Reading is as easy as ABC

A learning revolution is taking place in our primary schools. In classrooms across the borough pupils are learning to read at a pace that is astounding their parents, teachers and themselves. This is all thanks to a commitment by Mayor Sir Robin Wales to guarantee that every child leaves primary school being able to read.

The Every Child a Reader (ECaR) programme is part of our every child approach to ensure our young people get the best start in life. Supported by Every Child a Musician (ECaM) and Every Child a Sportsman (ECaS), ECaR enhances the educational experience and increases our children's attainment.

Phonics, which teaches reading writing and spelling by matching letters and sounds, is the magic ingredient in ECaR. Phonics is now delivered in every Newham primary school by teachers and teaching staff, with one-to-one literacy support given to those who need it most.

As well as the pupils and teachers themselves, the other stars behind the scheme are reading volunteers from the community, local businesses and the public sector. They support children by volunteering to listen to them read in our schools.

John Lewis Stratford City staff have already delivered 150 hours of reading support at schools across Newham and are currently recruiting more volunteers.



**Debbie Mondesir,
John Lewis volunteer**

"Quite a few people from John Lewis Stratford City signed up to be reading volunteers. I was particularly interested as my son was dyslexic and it was phonics learning that helped him to read."

"Before my placement I had training which showed me what to expect, how to encourage the children and recognise learning difficulties."

**"If you've got children at home
or if you love to read, volunteer.
Reading is fundamental to
anything you do."**

"I got a real sense of satisfaction from seeing the children progress. They really wanted me to be there to hear them read and they ask so many questions!"

"If you've got children at home or if you love to read, volunteer. Reading is fundamental to anything you do. Schemes like this make sure that children don't slip through the net and adults that can't read are a thing of the past."

**Nateka Robinson, literacy lead at
E17 Primary School, E17**

"We've been teaching phonics at E17 for the past six years. We've seen that children have more of a concrete understanding of reading and they can write simple words and sentences at an earlier age."

"ECaR has supported our delivery and helped expand the programme. We now also have a Reading Recovery teacher for the children who aren't making the



progress we'd expect. It is a one-to-one programme that combines phonics with a focus on words and their meaning and structure within a text."

"We've embedded literacy into everything we do. We have letters in our sandpit and on the fish in our water play areas."

"We are also promoting the joy of reading with lunchtime book clubs for all our year groups."

**"Even listening to a child read
for ten minutes a day makes
a massive difference to their
development."**

"Last year we started Family Fridays in the reception classes. Parents come into the class and we share what the children have learned that week. Essentially, we're teaching parents so they can support their children at home. Even listening to a child read for ten minutes a day makes a massive difference to their development."

If I didn't come here I wouldn't know how to support my son's reading. He's only four but he has made a lot of progress. He loves me coming into school. If he doesn't concentrate at home I tell him I'm not coming to Family Fridays! Mrs Hussain with Riyadh.



My daughter, Koren, comes to Family Fridays regularly. I work shifts but when I can I come here to help my grandchildren read. We take it in turns as a family. It's great to see them progress. Roy Wenborne, Koren Wenborne with Jamol and Riaz.



My partner and I take it in turns to come. We used to use our own methods of teaching, which were different to what was being taught at school. I've learned so much myself and can support my daughter at home. Mr Adusei with daughter Abigail.



Can you spare an hour a week?

We want the community to help us to give our children the chances in life they deserve. If you have some spare time then sign up to be a reading volunteer. If you run a business, support the scheme by volunteering your staff to help children to read.

Full training will be provided and we will help you to complete a criminal records bureau (CRB) form. For more information visit www.newham.gov.uk/reading



Keeping the Olympic spirit alive

The Games may be over but the promise to inspire a generation continues. Our Values Champions, teachers tasked with bringing the Olympic ideals to life, have been transformed into Legacy Champions at a special event with an extra special guest: Team GB Olympic sprinter Adam Gemili.

The Values Champions were a group of special individuals who helped bring the Olympic values to life in Newham's schools and inspired 15,000 young people to get involved in the Games. Now these volunteers are taking forward the legacy of the Games to continue the promise of inspiring a generation.

The transition from values to legacy champions took place at a special event at the University of East London's (UEL) SportsDock. Speaking at the launch, Councillor Ian Corbett, executive member for infrastructure and environment, said "Newham is a fantastic place to live and to be educated. Newham schools are uniquely placed to continue to inspire young people. Our Legacy Champions will pass on the passion we saw last summer and ensure the spirit and ethos of the Games creates a lasting legacy."

On the day there were workshops and presentations to help the champions hone their leadership skills, communicate with confidence and build positive relationships.

The highlight of the day was Olympic sprinter Adam Gemili who shared how important his teachers were to him. He said: "My teachers gave me the confidence and belief that I could compete. It was all because of my teachers. Every athlete in Team GB had a great teacher behind them."

Adam, who is currently studying at UEL's Stratford campus, added: "Today's event is about teachers learning, so that they can go back and inspire the kids. Sport is one way of doing that, but there are other ways: art, music, politics, whatever the kids want to do."

Adam trains four hours a day, six days a week. He said: "I'm very disciplined. For me, it's wanting to be the best. I remember the feeling when I won the World Junior Championships, how great it felt. That's what motivates me."

For more information about
Legacy Champions visit
[www.newham.gov.uk/
legacychampions](http://www.newham.gov.uk/legacychampions)

Adam Gemili



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POLICE COUNCIL ACTION

You don't like crime and you don't like the kind of people that rip off other people. Working together, we can hold criminals to account. Take a look at the pictures below - they are all people that the police would like to talk to about a range of alleged offences. If you have any information that might help them take a criminal off the street don't hesitate to call them. Play your part and make a difference.

Call the police number 101, or Crimestoppers anonymously on 0800 555 111 if you can help, quoting the reference next to the relevant picture.



Ref:
113530
Pitchpochet



Ref:
113661 &
113662
Shoplifting



Ref:
113821
Attempted
breach



Ref:
113848
Assault



Ref:
114031
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burglary



Ref:
113864 &
113865
Bag theft



Ref:
113902 &
113905
Cash point
distraction theft



Ref:
114150 &
114152
Shoplifting

Putting a stop to crime and grime are two things you tell us matter to you. We're hitting inconsiderate people who think they can get away with behaving anti-socially where it hurts – in their pocket.

We need your assistance to identify the people pictured here. Working together towards the same aim makes our messages loud and clear: anti-social behaviour will not be tolerated in our borough. Show your support by telling us who these people are.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in all its forms. We work with our partners, including the police, to tackle the issues that matter to you. Rest assured, when you contact us with information you

- > will not be required to give us your name
- > do not need to give us your contact details
- > will not have to make a statement.



Ref: F7455



Ref: F6474



Ref: F6478



Ref: F6484



Ref: F7273



Ref: F9231

Crime crackdown in Forest Gate

Operation Ohio, a 48 hour initiative with partners including the police and the UK Border Agency, has led to four arrests in Forest Gate – one linked to burglary.

Officers discovered five unlicensed privately rented properties and dozens of fixed penalty notices were served for anti-social behaviour offences.

This latest operation saw the council partner with British Transport Police to target fare dodgers on the 86 and 25 bus routes.

Read more results in the next edition of the Newham Mag.

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA

FEAR OF KNOWING

You'd think that if anyone would know about breast cancer it would be Rachel Flowers, the joint director of public health for Newham, but in December she found a lump in her breast. As she explained: "Even knowing about these things, you don't 'know' until it happens to you."



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In her day job Rachel encourages women to check their breasts for lumps and to get screened, but it was a shock to find one herself. She said: "I know all the statistics, I know that the majority of lumps are perfectly harmless and that breast cancer is very treatable, but the reality of finding a lump, something that should not be there, is not a nice feeling. It plays on your mind."

There are plenty of women who find lumps and don't do anything about it because they are too scared, Rachel says. "I can understand their fear, but my message to all women is if you find a lump or anything unusual about your breast go to your doctor and get it checked out."

"As soon as you find a breast lump, just go to your GP and let them check it out."

Rachel had checked herself regularly for years. She said: "When I found the lump I knew exactly what to do." She wasted no time and went straight to her GP.

Her GP examined her breast, found the lump and referred her to the Breast Centre at Bart's Hospital. Rachel said: "At the Breast Centre I was logged in and put on a gown. I talked through the signs and symptoms with a consultant and went for a mammogram. Then I had an ultrasound."

"All the examinations were conducted with dignity and respect. At no stage did I feel uncomfortable or embarrassed. I was treated and got the all clear within an hour and a half of arrival. It was a tremendous relief."

With breast lumps the NHS has a target of seeing and treating all women aged over 50 within two weeks, Rachel said. "From start to finish the whole process, from seeing my GP to being discharged, lasted less than 12 days."

Rachel wanted to speak about her experience to remove the stigma of talking about breasts and breast lumps and, more importantly to encourage others to do something if they find one. She said: "Yes, it is a little worrying. But it's best to deal with these things head on. The sooner you identify the problem, the sooner it can be treated. Early treatment is better for any condition. As soon as you find a breast lump, just go to your GP and let them check it out."

Love your breasts and give them a little TLC

Touch – feel for a lump or other changes

Look – for changes in shape and texture

Check – with your GP if you find any changes

How to check your breasts

Touch and look at your breasts regularly to get to know them and what is normal for you. Some changes are part of your normal monthly menstrual cycle.

These symptoms could be a sign of breast cancer:



**a lump or thickening
(this can be seen or felt)**



**changes in the skin
(dimpling or puckering)**



**changes to the nipple area (a change
in direction or turning in)**



discharge from the nipple



a rash or crusting.

Look at your breasts in the mirror to see if there have been any changes. Feel the whole area, including your breasts, upper chest and armpits. It's sometimes easier to use the flats of your fingers, as all breasts feel lumpy with your fingertips. Make checking part of your regular routine, e.g. when showering, bathing, or putting on body lotion.

Check

If you spot any symptoms get your GP to check your breasts. Most breast changes, including lumps, aren't cancer, but even if it is cancer, nine out of ten women who are diagnosed at an early stage survive.

Breast screening

Breast screening uses x-rays to look for breast cancers that are too small to be seen or felt.

This year in Newham, around 14,000 women aged 50 to 70 will be offered a routine breast screening check at the mobile unit at Newham University Hospital. If you are invited don't ignore the letter. It could save your life.

For more information on breast screening visit www.breastscreening.nhs.uk or call 020 3465 6631.



Newham in pictures



1 Kid on the move at East Ham's toy library **2** A pause for applause as Newham says thanks to Games volunteers at the Old Town Hall, Stratford **3** Hearty exercise at the health and wellbeing session at Katherine Road Community Centre. **4** supported by Newham Stroke Club **4** Feed all about it: A Lington School pupil discovers the joy of reading as part of Every Child a Reader **5** A winter harvest celebrated at the Pongal Festival in East Ham



Don came from humble beginnings. Born in 1928, his father worked on the docks and his mother died of TB when he was two.

During the Second World War Don was evacuated to Coventry and was there for the Blitz. After the war he did National Service with the RAF and while there began singing and producing shows.

A life in theatre

When he left the military Don decided to establish his own drama group. His first production was almost a disaster because the lead actor left just two weeks before it was due to open.

Luckily Tony, the man who would become Don's life partner, stepped into the role and into Don's life. They didn't hit it off right away. "I didn't like him on the spot," says Don.

"In my day most people wore suits. You couldn't tell if a person was gay or not. It was a secret world because only 50 years ago being gay was illegal. It's more defined now, but in those days you didn't really know who was who."

"I didn't know if he was gay or not, but he was very good looking, very handsome." However the strangest thing happened to Don. "I heard music in my head, I've never heard it since or before. I thought: 'Oh my God.'"

A partner for life

"I'm a romantic. I've always been a romantic. I mean 62 years with my partner tells you it all," he said. "We never quarrelled in our private life. We quarrelled about theatre, because I had one idea and he had another. We were a bit like Gilbert and Sullivan. I was extravagant and wanted lovely costumes and he was very clever, he could do anything with nothing. That was our contrast."

Changing times

The legalisation of homosexuality was a huge step forwards. "Back then you couldn't walk down the street hand in hand like people can now. Once it

Opening doors and raising curtains

February is lesbian, gay, bisexual and transgender (LGBT) history month. This month is a celebration of the history of gay civil rights. Throughout history LGBT people have been silenced by ignorance and legislation, but things are changing. Don Munro, 84, has seen many of these changes first-hand.

became legalised you did feel as if a weight had been lifted off your shoulders... but it was some time before the prejudice departed, and there still is prejudice today."

Tony died of cancer two and a half years ago, Don says. "I miss him every day. I wish I'd gone as well, but I'm not, I'm here." Since Tony's death Don has joined Opening Doors. The organisation, for gay people who are aged over 50, has seen him find a new lease of life.

Opening doors

Don says that that he was shocked to find out that there are a lot of elderly gay people... men and women, in their 50s and 60s who are frightened to come out. "Even today, it's unbelievable... people live lonely lives in a house on their own," he said.

Don says that the worst thing about being gay is the fear of rejection, but that people should not be afraid to get in touch with Opening Doors, which he says is a wonderful organisation. He says: "I would like to think that I could be of help to the elderly, to ensure them that there is a place for them."

The Rainbow Café offers support for LGBT men and women who are aged over 50. It is run by the Opening Doors project and Age UK at the Chargeable Lane Day Care Centre, 200 Chargeable Lane, E13 from 4-6pm on the third Tuesday of every month.

For more information call 020 7239 0447 or email kate.hancock@ageukcamden.org.uk

Don says that if elderly people feel uncomfortable about coming to the group they can write to him. Address letters to: Don Munro, Opening Doors East London, Chargeable Lane Day Care Centre, 200 Chargeable Lane, London, E13 8DW

To read a longer version of this article visit www.newham.gov.uk/don



SCHOOL ATTENDANCE MATTERS MASCOT COMPETITION



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ENTRANTS MUST BE A NEWHAM RESIDENT WHO DOESN'T NECESSARILY GO TO SCHOOL IN NEWHAM. ENTRANTS MUST BE OF PRIMARY SCHOOL AGE. DESIGNS TO BE NO LARGER THAN A4 WITH YOUR NAME, ADDRESS AND SCHOOL WRITTEN ON THE BACK. ALL ENTRIES TO BE HANDED IN TO YOUR SCHOOL OR SENT TO THE NEWHAM MAG BY 1 MARCH. WINNERS WILL BE NOTIFIED BY 29 MARCH.

FIND OUT MORE AT
WWW.NEWHAM.GOV.UK/SAM

A new crossing for east London?

Transport for London (TfL) has conducted a public consultation into the type of river crossings needed in east London, after the Mayor of London put forward proposals for a ferry at Beckton's Gallions Reach and a tunnel at Silvertown.

Currently, to the east of Tower Bridge we only have four fixed crossings: the Rotherhithe Tunnel, the Blackwall Tunnel, the Dartford Tunnel and the Queen Elizabeth II Bridge.

All of these are extremely busy with more than 300,000 crossings every day. Problems with these crossings regularly cause congestion throughout east London.

Newham and Greenwich councils believe that a new ferry at Gallions Reach will not solve these problems or provide value for money. Newham and Greenwich have called on the Mayor of London to 'Bridge the Gap' and build a new crossing

between Gallions Reach and Thamesmead. Although the public consultation is closed, the councils can still put forward their case and supporting evidence to TfL.

Newham Council commissioned a telephone survey of 1,245 people in Newham, Greenwich, Barking and Dagenham, Tower Hamlets and Bexley. More than three quarters (77 per cent) of residents agreed that new river crossings were needed. By far the most popular option in every borough was to build a bridge with 71 per cent support overall.

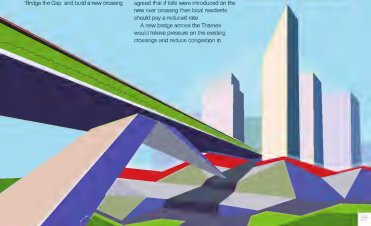
The survey also highlighted that more than four fifths (81 per cent) of residents agreed that if tolls were introduced on the new river crossing then local residents should pay a reduced rate.

A new bridge across the Thames would relieve pressure on the existing crossings and reduce congestion in

east London as a whole. It would boost the local economy and help sustain the financial growth of the East End as well as ensuring local people can gain access to upcoming employment opportunities.

ACT NOW

Newham Council has until the end of February to put forward its case to TfL. Residents who want to pledge their support for new river crossings and help 'Bridge the Gap' should visit www.newham.gov.uk/bridgethegap



A **golden** opportunity

The race is on for Newham residents to apply for a home in the East Village in the Olympic Park.



Thanks to Mayor Sir Robin Wales, Newham residents have been allocated more than half of all 675 social rented homes in the former Athletics Village including all 180 four bedroom and almost all three bedroom properties.

If you're on Newham's housing register you have the chance to bid to rent a home in London's newest and most desirable neighbourhood. Applications are now open with Newham residents getting the chance to move to hundreds of new properties

Brand new homes aren't the only draw for would-be tenants. Located in the Olympic Park and right on the doorstep of Stamford Station, East Village offers high quality modern homes in a unique setting with great transport, tranquil waterways and superb green spaces.

The properties, which were a home from home for some of the world's finest sports people during the 2012 Games, are currently being transformed. These doors will open from summer 2013, but are being allocated now so residents can make arrangements such as applying for school places at the soon to be opened Chobham Academy.

Applying now

If you're on Newham's housing register you could bid for a new home in East Village. Applications can be made via Newham's pages of the Home Choice website www.altochoicehomes.org.uk where you can bid for a home. Shortlisted bidders will be invited to meet with Trudham Homes, a joint venture company responsible for managing social housing in the East Village, before any allocation takes place.

Who gets priority?

www.newham.gov.uk/housing/register

We help those who help themselves and others. Our pioneering approach to housing allocation rewards those that make a contribution to society. Working households on low incomes get priority over households that do not work, as do armed services personnel with a link to the borough and Newham cares.

Council tenants living on the Carpenters Estate can also get priority for properties in the Village. Council tenants who move into these new homes will become tenants of Trudham Homes. The homes will be let at social rent levels.

If you're a resident of the Carpenters Estate and are interested in renting or buying a new property in East Village, Newham Council could help you. There may also be opportunities for Carpenters neighbours to live close by each other in East Village. For more information call the Carpenters team **020 5534 5542** or visit www.newham.gov.uk/carpenters





Get **active** this half term

Make the most of your week off this half term with a host of ideas and activities for children, young people and families happening from Saturday 16 to 24 February.

Whether you want to dive into swimming, are feline about football, or want to go wild with bird watching, activeNewham, the borough's Independent leisure trust, have all this and more happening near you

Free family fun

Head to Newham Leisure Centre, Prince Regent Lane, E13, on Sunday 17 February and run on the training track used by Olympic medalists.

From 10am-1pm there will be races, relays and more for all ages to enjoy. There are prizes up for grabs, including free day passes to Newham's leisure centres and retail vouchers.

At your leisure

Leisure centres in Newham will host activities including:

- swimming – fun family sessions and lessons*
- daily play – activities for ages one to 11*
- junior gym – sessions for ages 11 to 15*

Our have a go highlight

Free swimming for all competent swimmers aged under 16 or over 60 at all of Newham's leisure centres during public swimming sessions. Ask for more information at your leisure centre

Free football and multi-sports

In partnership with Leyton Orient and Cumberland School, Plaistow, enjoy free football coaching sessions and multi-sports for ages eight to 16, including athletics, cricket, boxing, fencing, gymnastics and basketball.

Our have a go highlight

Neighbourhood sports programme, 11am-1pm, 18 to 22 February. Stratford Multi-Use Games Area, West Ham Lane, E15, for ages eight to 16

Extreme sports

Get your heart racing at Gooseley Playing Fields, St Albans Avenue, E16, with a half day BMX course for young people aged eight to 16, on 20 and 21 February. Email peel.fairing@activeNewham.gov.uk or call 020 3373 9000 to book *

Our have a go highlight

Scale new heights at the state-of-the-art climbing wall at East Ham Leisure Centre. With courses for all ages on 18 and 21 February designed to unleash your inner mountaineer

Take a walk on the wild side

Visit our parks and learn about the wildlife that lives there. Make a bug hotel, get bird watching, build a bird house and enjoy lots of exciting outdoor play activities

Our have a go highlight

Join Central Park's food growing club, learn gardening skills, enjoy children's activities and help the London Orchard Project in the planting of a new orchard at the Bowling Green

From 12noon-3pm on 22 February at Central Park (Meet at the Bowling Green) High Street South, E6

For full details of half term events and activities go to any Newham Leisure centre, library or Local Service Centre, visit www.activeNewham.org.uk or call 0604 414 2726

active
newham



Got something to
shout about? Email your
ideas to [newham.mag
@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

A LOVING FAMILY

Ashleigh Shores, 16, from Beckton is an ordinary Newham girl with an extraordinary family. Her family tree has grown an extra branch after they made the life changing decision to foster a child.

"I was excited from the moment my parents told us they were fostering. I love children and couldn't wait to have another child around the house. My little brother was over the moon as he's always wanted a younger sibling.

"I learned a bit about fostering when I was at school at Cumberbund Sports College in Plaistow but I didn't know much about the application process. My mum and dad went to workshops to help them improve their knowledge of fostering and support them through their application.

"It's such a rewarding thing to do for a child. I think if families have the love and care a child needs then it's definitely something to consider."

"My brother and I were interviewed by a social worker. They asked some really personal questions, but that's obviously understandable - they had to make sure they chose the right family.

"We didn't know how our new brother would react, but fortunately for us he fitted in perfectly. Both the boys get on really well. My brother adores our foster brother and refers to him as his 'little bro'.

"Our house has never been busier. There are times when it's difficult - but all families experience challenging moments, that's life. It's all worth it and we wouldn't have it any other way.

"Our friends and family have been very supportive. My aunt is now looking into fostering because she's seen how it's changed our lives. It's such a rewarding thing to do for a child. I think if families have the love and care a child needs then it's definitely something to consider."



Could you foster? To find out more about fostering visit
www.newhambfostering.co.uk or call free on 0800 0130 393.

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TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090



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Your art on display



If you are a budding artist and would like to have your work on display then make Rosetta Art Centre your next stop.

The centre in Stratford is calling out to Newham residents of all ages to get creative for their latest art exhibition – Newham in Abstract.

The public exhibition will host residents' work in three different venues around the borough over nine months.

If you'd like to have the chance to have your art exhibited, take a photo of your work and email your entries to events@rosettaarts.org or post them to Rosetta Art Centre, 1 Hemilton Road, Stratford, E15 3AF, with your name, the dimensions, medium, title of your work and an outline of how your piece fits the theme.

Art must be no larger than one metre squared and needs to be exhibition-ready with two d-ring rings at the back. Submissions must be made before 12noon on Monday 25 February. You will be notified by Friday 1 March if you have been selected.

For more information on Rosetta Art Centre visit www.rosettaarts.org

Birkbeck learning cafés

Thinking about your future? Want to get back in to work or find out more about careers? Sign up for free study sessions delivered by Birkbeck University at Royal Docks Learning & Activity Centre.

Birkbeck University are holding free learning cafés for five weeks to help you discover your academic interests. The course is open to all residents to come and try out different subjects.

The sessions offer guidance to a new career, support on how you can continue your education and advice on how you can finance further study.

You don't need any qualifications and everyone is welcome. Free childcare is also provided. Sessions run every Monday from 25 February to 25 March at Royal Docks Learning & Activity Centre, Albert Road, North Woolwich, E16, from 9.30-10.30am.

To find out more visit bbk.ac.uk/tryit or to book a place, email tryit@bbk.ac.uk or call 020 7323 4390/020 7390 3107.



A treat for carers

If you are a carer, or know someone who is, don't miss out on a free day of relaxation courtesy of Newham Carers' Network.

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. Put your feet up, sit back and relax with **free massage sessions on Thursdays 26 February and 20 March, from 10am-2pm.**

If you want to learn the basics of first aid, come along to a two-day course run by Thames Ambulance Service. Classes will be held on **Wednesdays 6 and 13 March, 9.30am-2.30pm.** Carers must attend both sessions.

All events are held at Stratford Advice Arcade, 107-109 The Grove, E15. Booking is essential.

For information or to book call 020 8519 0811. Newham Carers Network provides advice, support and information for all carers. Call 020 8519 0500 to find out how they can support you.



Become a playworker

Do you like working with children and have some free time to volunteer? You could become a Playworker at Royal Docks Learning & Activity Centre.

The centre in North Woolwich is looking for people to help with their after school club for children aged four to 11. You must be aged over 18 and able to commit to at least one day per week between Monday to Friday from 2.45-6.15pm. You don't need any experience, just commitment and lots of enthusiasm.

This opportunity will enhance your CV and help you find out more about employment and education opportunities.

To request an application pack or find out more email cp@rdlac.org.uk or call 020 7476 1666.

Free activities for you

You can get involved with free events taking place this season at the Jack Cornwell Community Centre in Manor Park.

Get your health in check with a free health workshop on Monday 25 February, from 9.15-11.15am. There will be healthy eating and nutritional advice, health MOTs, CPR demonstrations and an exercise activity for you to work up a sweat.

If that's not your cup of tea and you have a sweet tooth, from 7 March you get your teeth into a free four-week cake decorating course. Get creative, get baking and learn new skills every Thursday from 10am-12noon. Booking is essential.

Sessions are held at Jack Cornwell Community Centre, Jack Cornwell Street, E12. For more information email jane.smith@newham.gov.uk or call 020 8553 3499.



Greenhill get in tune

The Royal Philharmonic Orchestra (RPO) have been helping the Greenhill Aphasia Group hit the right notes.

The Greenhill Aphasia Group in Manor Park is a voluntary group for residents who have suffered from a stroke and as a result have a severe speech disorder.

The renowned RPO musical supremacy delivered enjoyable entertainment via two music workshops which taught the group how to play new instruments.

For more information on the Greenhill Aphasia Group call 01931 355 153.

Do you speak Amharic?

The Greenhill Aphasia Group is looking for people who speak Amharic. If you can, and would like to give up a few hours, call 01931 355 153.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry.
We cannot return any entries.

GALLERY



Anna Golay, 11



Anna, 7



Shukela Akin, 11



Chinnzo Jay Mache, 7

WHAT'S ON?

**FIVE PAGES
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To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

15 FEB – 1 MAR

OUR THRILLING THREE...

1

Go Wild – Learn about the wildlife at your local park this half term. Thurs 21 Feb, 11am-3pm, Forest Lane Park, Magpie Close, E7 and Sat 23 Feb, 11am-3pm, Royal Victoria Gardens, Albert Road, E16

2

Family Fun Day – Free fun for all the family and meet Mr Zippy the ventriloquist. Sat 23 Feb, 10am-3pm, Bernhards, 140 Bernam Street, E19. Call 0206 654 2566

3

Community Garden Open Day – Sat 23 Feb, 1-3pm, Daniel Road Community Garden, Daniel Road, E7. You can also find out about how you can get involved with projects in your community. Call 020 3373 9522 or email Zanele.Sheldrake@newham.gov.uk

MENTION THE MAG...

If you're aged between 14 and 19, head to Newham Youth Weightlifting Club. Learn the skills of weightlifting, get fit, feel stronger and improve your physical performance.

Why not give it a go? Mention the Newham Mag and enjoy a free, exclusive taster session on 5 March, ages 14 to 19, and 12 March, ages 17 to 19. Sessions are held from 4.30-5pm at Foundrywest, 71, Holland Road, E15. Please wear suitable clothing. Proof of age is required. Booking is essential.

For details call 020 3417 0469
email info@foundrywest.co.uk or visit
www.newhamyouthweightlifting.everbrite.co.uk



TRY SOMETHING NEW... 2012 AND BEYOND

If you're a resident, here's a chance to find out more about the exciting opportunities exclusively available to you in your area.

Check out free courses, discover how you can start a new business, volunteer in your community and find out about free festivals. Food and drink will be provided.

Meeting dates:

Green Street and Plaistow: Mon 18 Feb 6-8pm, Upton Community Centre, Claude Road, E13. Email Zahra.bashir@newham.gov.uk or call 020 3373 9522

Forest Gate, Stratford and West Ham: Wed 20 Feb 6-8.30pm, Old Town Hall Stratford, The Beckway, E15. Email kim.watson@newham.gov.uk or call 020 3373 2679

Beckton, Custom House, Ganning Town and Royal Docks: Mon 4 Mar 5.30-7.30pm, Newham Dockside, 1000 Dockside Road, E16. Email Gurnata.Hassan@newham.gov.uk or call 020 3373 7660

Visit www.newham.gov.uk/playyourport

ARTS AND ENTERTAINMENT



Comedy Night

Free entertainment every Mon, 8pm, Theatre Royal, Stratford East, Gerry Raftery Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers

Free music and story building sessions for 2-5 years. Wed afternoons. Discover Story Centre, 363-367 High Street, E15. Call 020 8536 5565. Mon mornings, The Hartley Centre, 267 Barkin Road, E6. Call 020 7540 9923.

Free entry to Discover Children's Story Centre when you attend.

Free music therapy sessions for 2-5 years. Thurs, 3-4pm at Shrewsbury Children's Centre, Shrewsbury

Road, E12. Call 020 3373 6060. Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12. Call 020 3373 7227. Booking is essential.

COMMUNITY LEARNING



Be it Online

Basic computer sessions for all. All sessions take place at local libraries. You must book in advance. Tues, 10am-12noon, Beckton. Tues 2-4pm, Plaistow. Wed, 2-4pm, Stratford. Thurs 10am-12noon, Ganning Town and Manor Park. Fri 2-4pm, East Ham.

Knit & Natter

Craft group for adults at local libraries. Fri 10am-12noon, Ganning Town.



Basic Literacy and Numeracy (19s)

Free until 25 March Mon-Thurs, 10am-6pm, Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12
Call 07943 887 812/07607 173 272

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers. All sessions take place at local libraries

Toy Library

Tues and Thurs, 10am-12noon East Ham

Imaginative Play

Fri 11am-12noon East Ham

Storytelling

Mon 11am-12noon, Peckham, Canning Town and Beckton Globe
Tues, 11am-12noon, Custom House
Tues and Fri, 11am-12noon, Stratford
Wed 2-3pm East Ham
Thurs, 2-3pm, North Woolwich
Fri 11am-12noon Green Street and Manor Park

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Network Club

For young people aged 7 to 14. School term only
Mon 4-6pm Stratford and East Ham
Mon 3-5-5:30pm, North Woolwich
Weds 3-5-5:30pm Green

Street and Manor Park
Thurs, 4-6pm, Custom House and Peckham
Fri 3-5-5:30pm, Beckton and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups

Mon 10 Feb, 6-8-7:30pm, East Ham

Over 50s Club

Thurs 10am-12noon Beckton Globe

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre

Tues Bingo 10am-12noon
Healthy Cooking Group 10am-12noon

Weeks: Mother and Toddlers group, free, 9-10 11am
Coffee Morning, free, 9-10 11am

Learn to Sew - Employment Support Drop-in, free, 10am-2pm
Sewing Classes 10am-12noon

Thurs: Fit Chs, 12, 10-10am-12noon

Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 1666

LGBT Community Group

For over 60s: Snacks and refreshments provided
Every third Tues of each month

4-6pm, Community Resource Centre, 200 Chargeable Lane E13
Call 020 7230 8055

Dirty Hands Project

Grow your own fruit and veg
Open to all First Set of each month, 10am-2pm, Walke Grove, opposite Peckham Station E13. Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Jack Cornwell Table Top Sale

Sell your goods and keep your profits 25 a table - open to all
Last Set of every month 9am-2pm Jack Cornwell Community Centre, Jack Cornwell Street E12
Call 020 8553 3450

BASKETBALL

Youngbloods Basketball

All sessions cost £1

U12s mixed
Sat, 1-3pm East Ham Leisure Centre E8

U13/14s boys

Mon, 6-8pm, St Angela's School E7

Tues, 5-5:30-7:30pm Newham

Leisure Centre, E13

U14s girls

Mon 4-30-4pm St Angela's School E7

Tues, 5-30-7-30pm Newham

Leisure Centre E13

U15/16s boys

Tues, 6-8pm, East Ham Leisure Centre E8

Fri, 6-8pm, St Angela's School E7

U17/18s boys

Tues 6-9 45pm, East Ham

Leisure Centre E8

Thurs, 7-9pm St Bonaventures School E7

Fri, 6-8pm, St Angela's School E7

Call 07958 507 857

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Wed 4-20-6pm U13/14s

6-8pm, U15-18

8-10pm Senior Men

Thurs, 4-20-6pm U13-14

6-8pm, U16-18

8-10pm Senior Women, E2

Fri, 4-20-6pm, U13-14

6-8pm, U16-18

8-10pm Senior Men Run, E2

Sat, 10-20am-12-20pm junior

boys and girls, 8-14, E2

Call 07700 505 985

or 07712 176 301

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Basketball & Multi Sports

Fr 5.30-6pm & 7-8pm, Shenfield MUGA, Snowhill Road, E12

FOOTBALL



Mayor's Football League

UT10s: U12s, Mon, 4.30-5pm and U15s: U16s, 5-7pm
Newham Leisure Centre, Prince Regent Lane, E13

5-a-side Tournaments

(First Sat of the month)
UT2&U14s/UT16s, Sat
10am-1pm
Plashet Park, Plashet Grove, E7

WWU Kicks (Free)

Mon, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E6
11-15s: 5-6pm
Forest Gate Youth Centre, E7
Tue, UT14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E6
11-15s: 5-6pm
Phary Park MUGA, E5
Wed, 11-15s, 5-6pm
Phary Park MUGA, E5
Thurs, 11-15s, 4-7pm
Phary Park MUGA, E5
Fr, U14s, 4-5.30pm
Girls 11+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E6
11-15s: 5-6pm
Forest Gate Youth Centre, E7

London Youth Games

Mon, 4.30-6pm, U14, Newham Leisure Centre, Prince Regent Lane, E13

Football & Multi Sports

Mon 5.30-7pm & 7-8pm
Weds, 5-7pm, 8-10s, Shenfield Park MUGA, West Ham Lane, E15

5-a-side Football Competition

Weds, 5.30-6pm & 7-8pm, Forde Park, Forde Park Road, E15
Thurs, 5.30-7pm, 6-10s, Royal Victoria Gardens, Pier Road, E6
1st Sat of the month 10am-1pm, UT2&U14s/UT16s, Plashet Park, Plashet Grove, E6

Football & Multi-Sports

Sat, 2-3.30pm, 8-10s, Winsor Park Estate, Winsor School MUGA, East Ham Manor Way, E8

Air Football (16+)

Tue, 7-9pm and Fri, 10am-12noon, 15+ Memorial Park, Memorial Avenue, E15
Fr, 3-5pm, Beckton Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football Academy

All sessions C3
School years (except 11)
10-11 30am
King George V Park, King George Avenue, E16, Call
07508 684 925

BOXING AND SELF DEFENCE



Boxing

West Ham AFC - community boxing, 11-15s
Free Olympic style amateur boxing sessions
Hatheway Community Centre, Hatheway Crescent, E12
Wed, 7pm, Call 020 8420 2000
West Ham Boys AFC 9+ boys and girls
Mon, Wed, Fr 5-6pm
The Black Lion, 59-61 High Street, E13, Call 020 8472 3514
Prestock AFC 8+, Mon, Wed, 6-8pm
boys and girls
Canton Street North, E16
Call 020 7511 3700
Newham Boys AFC 6+, boys only
Mon, Wed, Fr, 6-7.45pm
Old Beth House, 141 Church Street, E15, Call 020 8519 5883
Fight For Peace 11+, boys and girls

Woodman Street, North Woolwich, E16,
Call 020 7474 0054

Punch Out (16+)

Free boxing fitness workout
Thurs, 8-9pm, Beckton Community Centre, Manor Way, E6
Fr, 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7, Email
gotactive@newham.gov.uk

Shogun Karate

Sessions for beginners
Newham Shogun Karate Club
Weds, (joining term time only)
4.30-5.30pm, Fr, 6-7pm
and 7-8pm, Sun, 10-11am,
Newham Leisure Centre,
Prince Regent Lane, E13
Call 07508 670 838
Docklands Shogun Karate Club
Mon, 6-8.30, UEL Sports
Dock, Docklands Campus,
E16, Call 07517 136 837

Tang Soo Do

Korean Martial Arts for 6+ to adults
£5 per session - family discount available
Sat, 1-2.30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16
Tue, 7-8.30pm, Greenrocks, Memorial Park, Memorial Avenue, E15
Call 07725 946 426 or email
aei_roads@btinternet.com

Hop Skip and Punch (18+)

Mon, 5.30-6.30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Free Baseball Softcamp Class (16+)

Wed, 6-7pm, 90 Day Fatbuster Programme
Tues and Fri, 6-6.45pm
Briarcliffe Village Hall, 65 Evelyn Road, E16, Children 7+ welcome with parent
Email info@Salaplayhouse.co.uk or call
07904 625 432

HEALTH AND FITNESS



BMX

13/12 members £10 annual membership
Sun 10am-12noon, 8-16s, Gooseley Playing Fields, St Albans Avenue, E6
Call 07951 333 615/020 3373 9000 or email paul.farthing@activenewham.org.uk

Indoor Rounders (16+)

50p per session
Mon, 6-7pm, SportsDock, University of East London, Docklands Campus, University Way, E16, Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Indoor Cricket

Weds, 5-6pm, 8-16s, Lester Community School, St Mary's Road, E13, Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

East End Road Runners

Free coached sessions for all abilities
Tues and Thurs, 7pm
Sun, 8am, meet on the track, Newham Leisure Centre, Prince Regent Lane, E13
Call 07970 261 847

Run England sessions

All sessions are C2 indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on the track)
5.45-6.45pm, Newham Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure Centre, E13 (meet on the track)
Wed, 12noon-1pm, Newham

Table Tennis



Doekids, E16 (meet at reception)
Thurs, free 5.15-6.15pm L&L
Doekids Campus, E16
(meet at reception)
Sat, 10-11.30am, East Ham
Central Park, E5 (meet at the café)
10-11.30am, Wansford Flats,
E12 (meet at Hollow Road
Changing Pavilion)
10-11.30am Memorial Park,
E15, D4 (meet at car park)
Call 07718 394 874

Grickat

Wed 6-8pm U16s Lutter
Community School, St Mary's
Road, E13 Call 020 3373 9054

Newham Swords (4+)

Tues, 6.30-8pm
Thurs, 6.30-8pm
Fri 7.30-10pm
The Hub in the grounds of
Newham Leisure Centre, Prince
Regent Lane, E13
Call 07955 618 598

Newham Striders

Free accessible walking group,
seven days a week
Call 020 8430 2000

Free Men's Health

Football Fitness Sessions
Sat, 10-11am, West Ham United
Community Training Facility, 60a
Abchurch Lane, EC4
Call 020 7473 7724

Free Family Fit Club

Sat 11am-12noon West Ham
United Community Training
Facility 60a Abchurch Lane
E5 Call 020 7473 7724

Zumba classes

Thurs, 7.30-8.30pm, St Nicholas
Church Hall, Gladbury Road, E12
£5 per class Call 07795 805 905

Saturdays

Fu fathers grandads uncles
and children aged 0-16
Sat 12noon-3pm
Chandos East Hub 90
Chandos Road E15
Call 020 8221 2137

Family Fitness classes

£4-£8 for adults, £1 for
children/teens

Outdoor classes

Adult only Boot Camp
Tues 9.30-10.30am
Family Boot camp (children
must be 7+) Tues 5-6pm
Teens only Boot Camp (13-18)
Wed, 5-6pm
Family Boot Camp
Sat 11.30am-12.30pm
Grassroots Memorial Park E15
To register for outdoor classes
call 07904 625 402 or email
info@5tapsphysique.co.uk

Indoor classes

Fun4 Kids Skiptek (7+ jump
rope based exercise and
games) Thurs, 5-6pm
Adults Skiptek Grates, Thurs,
6.15-7.15pm
The Hub, 123 Star Lane, E16
Call 07904 625 402 or visit
www.5tapsphysique.co.uk

Newham Young Britons A.S.O

Learn to swim and/or improve
your strokes

Men's session (12 week course,
£70-£80 Sat, 5.30-6.15pm

Children's session (£2 per
session) 5-16 Sat, 6.15-7pm
Newham Leisure Centre
Prince Regent Lane E13
Call 07955 304 518

Yoga Classes

£5.50 for full-time workers or
£3.50/£4 for students and those
in receipt of benefits
Tues, 6.10-7.10pm and
Fri 10.30-11.30am
The Hub, 123 Star Lane E16
Wed, 6.30-7.30pm
The Unitarian Church, West Ham
Lane E15
Call 07955 806 007 or visit
www.yogacoma.co.uk

Woodside

Badminton Club

Intermediate and club standards
players welcome, Fri 8-9.30pm,
£5 wapped £3 unwaged,
Capetown Docklands Centre,
66 Gibbons Road, E15 Call
07955 781 878/07956 150 340

Table Tennis

For beginners and intermediates

adult players Thurs 6.30-8pm
Starford School Upton Lane,
E15 (Dons Road entrance)
For more info call
07978 577 718 or
07828 868 031 or email
garryhans100@hotmail.com

Qi Gong

Suitable for adults of all abilities
£5 per session
Thurs, 8pm on the Docklands
Community Boat moored near
ExCel. Meet at the gates to
Millennium Mill Mill Road E16
Call 07930 816 275 or email
je@highwaystothelife.com

UnityZumba

Classes are £5 each adults,
children £3 (7+)
Mon and Wed 8-9pm
Harley Centre, 267 Barking
Road, E8
Tues, 7.45-8.45pm and Thurs,
8.15-9.15pm St Mark's
Community Centre, 218
Tolpelt Road, E8
Fri, 7.30-8.30pm African
Caribbean Centre, 627-633
Barking Road, E13
Sun, 6.30-7.30pm,
The Hall Centre, 49 Moatage
Lane, E6 Call 07886 004 573

Beginners' Ballroom

£2.50 per session
Mon 10am-12noon St Paul's
Church Centre, Ranges Road,
E8 Call 07781 209 463

Twisted Pink

Open to 7-21s.
Street Dance sessions, Fri,
8-9pm, E3
Zumba classes (From 20 Nov)
Fri, 7.15-8.15pm £5 including
chocolate St Luke's Church, 69
Telling Road, E16
Call 07534 513 307, visit
www.twistedpink.org.uk or email
twistedpink@bt.com

Zumba with Annelise (17+)

Mon 7-8pm £5, Moatage Lane
Community Centre Gower
Close E15
Tues, 8-9pm £4 Swell centre,
387 Barking Road, E13
Call 07930 893 663

Sachinon at Little (ford) School

For all standards, £4 for a court
and bag a racket
Thurs, 7-8pm Browning
Road, E12 Email
margie_ph@btinternet.com or call
07944 117 253

FEMALE SPORTS

Fitness Classes (12+)

Zumba, E8 Tues, 8.30-9.30pm
and Body Conditioning
E3 9-9.30pm The Hub,
123 Star Lane, E16 Email
bodywoodall@btinternet.com or
call 07830 455 623

Dance2Dance

Free street dance classes for
girls, 12-16s Fri, 3.30-5.30pm
Newham Leisure Centre,
Prince Regent Lane, E13
Call 020 3373 9000

Girls Spinning Sessions

11-16 Mon and Wed
4-4.30pm Newham Leisure
Centre Prince Regent Lane
E13 Call 020 7511 4477

Female Only Gym Sessions

11-16s, Tues and Thurs,
3.30-5pm 16-25s, Weds,
1.30-3pm Newham Leisure
Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boot Classes (16+)

Mon, 4.15-5.15pm Boleyn
Leisure Centre, Boleyn Street
E13 Call 07970 783 626

Girls Football

Tues, 3.30-5.30pm, 11-16s,
Newham Leisure Centre
Prince Regent Lane, E13

Women United AFC (11+)

Mon (from 11th Aug), 6-7.15pm,
Kingsford School, E8, £1 per
session Call 07792 932 679



Get Back into Netball
CPA Netball Club seasons.
Tues, juniors, 6-7.30pm;
seniors, 7.30-8pm. £2 per
session. Lister Community
School, St Mary's Road, E13
Call 07717 291 529

Body Blast (16+)
£3 per session
Mon, 7-8pm; Weds, 12-30
1.30pm and Thurs, 6-7pm
Talent Central Unit 27a, 3
Armada Way, Gallions Reach
Shopping Park, E9
Call 07888 812 810

Abx Blast
Sessions cost £3
Thurs, 5.30-8.15pm, 17-18a,
Newham Leisure Centre,
Prince Regent Lane, E13

Just Play (16+)
Five multi-sport session
Wed, 8.30-8pm, Newham
Sixth Form College, Prince
Regent Lane E13. Call 020
3373 5000

Female Multi-Sports
Golf, Tennis, Handball,
Rounders, Football and more
Fri, 4.15-5.15pm, Little Ford
Youth Zone, Rectory Road, E12
Call 020 8266 5873 or email
Farah.Rahim@cpa.org

**Shelle's Mummy
Mummy buggy (16+)**
£5 per session
Mon, 10-11.30am
East Ham Central Park, E8
(meet outside cafe in the park)
Fri, 10-11.30am, Pleshet Park,
Pleshet Grove, E8
Call 07926 614 858 or email
spokane@aol.com

Zumba classes
Tues, 8-9pm
£4 per hour, The Swift Centre,
387 Barking Road, E13

Janine's Fitness (16+)
Socle and Zumba fitness
sessions. £5 per session
Tues, 9.30-10.30pm, St
George and St Ethelbert
Church Hall, Burford Road, E9
Email info@kanaro.co.uk or
call 07815 000 843

Hollywood Dance Class
For ages 14-18, Wed
6-7.30pm, Katharine Road
Community Centre, 25-4
Katherine Road, E7
Call 020 8548 9825

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE**

Multi-Sports
Free Flying Wheels club for
young wheelchair users 6-22
Wed and Fri evenings, 8-9pm
Rokby School, Barking Road
E16. Call 07888 085 259
U19s, Fri, 4.30-6.30pm
Newham Leisure Centre, E13
Disabled Multi-Sports, Tues
10.30am-12noon, Newham
Leisure Centre, E13
Call 020 7511 4477
Fri, 4.30-6pm, Newham, Prince
Regent Lane, E13
Call 07811 671 082

Wheelchair Basketball
11-19, Wed, 4-5pm
Rokby School, Barking Road,
E16. Call 07947 401 516

**Family Swims for Disabled
Children and Adults**
Newham Open Swimming Club,
Sat, Newham Leisure Centre,
E13, 4.30-5.30pm. For more
details call 07921 788 739
Family Swm, Sun, 12.30-3pm,
Babem Leisure Centre, E13,
£5. Call 020 7476 5274

Free Trippolking Sessions
U19s, Fri, 5-7pm and Sat
12noon-2pm, Newham Leisure
Centre, E13. Call 020 7511 4477

**Mixed Swimming Sessions
for Adults and Children**
Wed, 10am-12noon, East Ham
Leisure Centre, E8. £1.15 per
session. Call 020 8545 5850

**Free Swim for Families
dealing with Autism**
Wed, 4-5pm, Babem Leisure
Centre, E13. Call 020 7476 5274

Get fit for free
Free use of the gym for one
year for people with learning
disabilities at Newham Leisure

Centre, Tues, 1.30-3.30pm and
Fri, 10am-12noon. To book an
induction call on 020 7511 4477

B1 Football Club
Third Sun of every month
10am-12noon, East Ham
Leisure Centre, E8

**Free self play and
exercise to music**
Sat, 2-3pm, Newham Leisure
Centre, E13. Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E8, unless specified

Tues 19 Feb
10am, Licensing (2003 Act)
Sub-committee, Council
Chamber
7pm, Strategic Development
Committee, Council Chamber,
Old Town Hall, Stratford, E15
7pm, Crime and Disorder
Scrutiny Commission,
Committee Room 2

Thurs 21 Feb
10am, Licensing (2003 Act)
Sub-committee, Council
Chamber
5pm, Cabinet, Council
Chamber
5.15pm, Mayor's Proceedings,
Council Chamber

Mon 25 Feb
8pm, Council, Council
Chamber

Tues 26 Feb
10am, Licensing (2003 Act)
Sub-committee, Council
Chamber
7pm, Overview and Scrutiny
Committee, Committee Room 1

Thurs 28 Feb
10am, Licensing (2003 Act)
Sub-committee, Council
Chamber

Visit www.newham.gov.uk/committee for updates

CONTACT THE MAYOR

Walk-in surgeries
Tues 19 Feb
5pm, Newham Town Hall,

Barking Road, E8
Sat 23 Feb
Registration at 8.45am,
Newham Town Hall, Barking
Road, E8

Telephone surgeries
Wed 27 Feb
You can telephone 020 8430
2000 between 9.30am and
10.30am and register your
query and contact details. The
Mayor will then ring you back
at a later time.

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E8
Canning Town
Barking Road, E16
Custom House Prince Regent
Lane, E16
East Ham
High Street South, E8
Green Street
337-341 Green Street
The Gate 4-20 Woodgreave
Road, Forest Gate, E7
Manner Park
Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plastow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(limited postal and email services
only) call: 020 3373 6881
email: archives@localstudies@newham.gov.uk
**Community Outreach
Services** To find out more call
020 3373 0815

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Hundreds of services  
- just one number for all  
council enquiries  
**Call 020 8430 2000**

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Follow us on Twitter
@NewhamLondon

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Find us on Facebook  
**www.facebook.com/  
NewhamCouncil**

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It's all about **YOU** & what **YOU** want to do!

Whatever you're into there's something for everyone at your local youth zone.
For more information visit: www.newham.gov.uk/youthzones

11-19 years?

Interested in

- sports
- dance
- filming
- cookery
- gardening
- fitness gym
- homework support
- music technology
- drama
- someone to talk to
- ICT
- singing
- arts and crafts
- members committee
- making friends
- training and employment advice
- and much more

Newham Shared Lives Scheme

The Shared Lives Scheme gives adults with support needs, who live in Newham, the opportunity to live with families or individuals in their own homes.

The scheme exists to support vulnerable people with long term, short breaks and emergency placements. Newham Shared Lives Scheme supports people with a range of different support needs, including

- people with mental health needs
- people with a learning and/or physical disability
- older people with dementia

Carers use their own home to look after those that need care, either on a long or short term basis.

For more information

If you are interested in becoming a Shared Lives Carer, or know someone who would benefit from being placed with a carer please contact

telephone: 020 3373 0496/1257

email: sharedlives.scheme@newham.gov.uk

web: www.newham.gov.uk/sharedlives



**YOUR RENTAL
PROPERTY MUST
BE LICENSED.**

**FAILURE TO APPLY
FOR A LICENCE IS AN
OFFENCE AND COULD
RESULT IN FINES OF
UP TO £20,000 PER
PROPERTY.**

If you are a landlord
or managing agent in
Newham, your rental
property must be licensed.

Visit [www.newham.gov.uk/
propertylicensing](http://www.newham.gov.uk/propertylicensing)

